



ALBERTA CANCER BOARD

Lifestyle Series
Teaching Packages



Healthy Lifestyles - Physical Activity

About the Alberta Cancer Board

Facilities & Services

The Alberta Cancer Board is a Provincial Health Authority operating cancer facilities and programs in Alberta. Services include cancer prevention, early detection, diagnosis, treatment, research and education. Also included in this role is coordinating in cooperation with others, the planning, development and delivery of provincial cancer initiatives.

As part of this mandate, the Alberta Cancer Board operates

- **Cancer treatment and research facilities:** Cross Cancer Institute in Edmonton and Tom Baker Cancer Centre in Calgary
- **Associate Cancer Centres:** Grande Prairie, Lethbridge, Red Deer and Medicine Hat
- **Community Cancer Centres (in partnership with RHAs):** Headwaters RHA 3 in High River and Canmore, RHA 5 in Drumheller, East Central RHA 7 in Camrose and Lloydminster, RHA 8 in Hinton, Crossroads RHA 9 in Drayton Valley, Aspen RHA 11 in Barrhead, Lakeland RHA 12 in Bonnyville, Peace RHA 14 in Peace River and Northern Lights RHA 16 in Fort McMurray
- **Division of Epidemiology, Prevention and Screening**
 - **Population health research:** conducts research into population-based trends in cancer incidence, morbidity and mortality, the causes of cancer, prevention strategies and the early detection of cancer
 - **Alberta Cancer Registry:** a population-based registry of cancer cases in the province
 - **Screen Test: Alberta Program for the Early Detection of Breast Cancer:** a screening mammography and breast health education program with fixed-site offices in Calgary and Edmonton and mobile mammography services throughout the province
 - **Alberta Cervical Cancer Screening Program:** coordinates education strategies and materials; increases efforts to encourage participation of women who have not been regularly screened; and fosters quality at all stages of the screening process
 - **Cancer prevention outreach:** provides a variety of services to RHAs, including cancer information, assistance with program and policy development and linkages to resources

The Alberta Coordinating Council for Cancer Control

The Alberta Cancer Board participates in the Alberta Coordinating Council for Cancer Control to connect cancer control efforts around the province and bring cancer services closer to home. The Cancer Coordinating Council extends the Alberta Cancer Board's expertise in cancer control programs (including prevention, screening, diagnosis, treatment, supportive and palliative care), cancer epidemiology and cancer research to urban and rural communities through collaboration with Regional Health Authorities and others.





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Introduction

The Lifestyle Series

The Alberta Cancer Board *Lifestyle Series* is a set of six teaching packages designed to help health professionals plan, implement and evaluate community activities and education programs on cancer prevention and early detection.

Strategies and Tools

Each *Lifestyle Series* teaching package contains suggestions on health promotion strategies as well as many of the resources needed for implementing the strategies, including a calendar, presentation outline, activity ideas, resource list, evaluation forms, promotional fillers and background information.

The teaching packages in the series are

1. Tobacco Reduction and Health
2. Healthy Eating
3. Sun Sense
4. Breast Health & Breast Cancer
5. Cervical Cancer Screening & Prevention
6. Healthy Lifestyles - Physical Activity

Reproducing Materials

The contents of the *Lifestyle Series* teaching packages may be reproduced and used for nonprofit educational purposes without permission but with appropriate credit given.

How to Use This Teaching Package

Start with the Core Message: Review the core message on physical activity (page 3). The teaching resources in the package reflect this core message.

Review the List of Suggested Strategies: Review the list of strategies to promote physical activity (page 7). This list is only a beginning — just to get you thinking. You probably have your own innovative ideas to add to this list.



Use the Teaching Tools & Resources Provided: This package contains a number of teaching tools and resources to help you plan and implement your health promotion strategies.

1 Calendar: Identifies some of the established health-related days, weeks and months. Use it to help schedule your activities.

2 Presentation Outline: Outlines the core message — *Eight Great Things to Know About Physical Activity*. Use it to plan and prepare for presentations and more, such as committee meetings, media interviews and planning sessions. It includes master copies of overheads and a participant evaluation form.

3 Activities: Describes a variety of activity ideas. Use them to add an interactive component to your presentations or other initiatives. Adapt the activities to suit different groups.

4 Recommended Resources: Lists print, electronic and organizational resources to complement your activities and provide further information.

5 Introspective Evaluation: Provides a structure for reflecting on your experience with a group or an activity.

6 Promotional Fillers: Summarizes the core message in one-, two- and three-paragraph versions. Use the promotional fillers in newsletters, on posters, as media releases, etc.

7 Background Information: Provides detailed information in a question-and-answer format to help increase your knowledge base, prepare for possible questions, provide information to guest speakers and media representatives, etc.

8 Primer on Comprehensive School Health: Outlines what comprehensive school health programs are and describes how they benefit communities.

9 Tips on Working with Adults: Highlights five key principles of adult learning and provides suggestions on how to increase the effectiveness of adult education programs.





Alberta Cancer Board's Core Message on Physical Activity

Consistent Message

The Alberta Cancer Board's core message on physical activity is outlined below. The message reflects current scientific evidence linking physical activity and cancer risk. Accumulating evidence demonstrates a reduction in cancer risk by participating in at least 45 minutes of continuous moderate to vigorous intensity activity on five or more days of the week.

Core Message on Physical Activity

- Scientific evidence is accumulating on the relationship between physical activity and cancer risk to the extent that guidelines can now be promoted.
- Nearly 170 observational epidemiological studies on physical activity and cancer risk at a number of specific cancer sites have now been conducted.
- Research shows a convincing link between increased physical activity and a reduced risk of colon and breast cancers. There is also strong evidence to support a reduction in risk for prostate cancer and a possible link with endometrial and lung cancers.
- For cancers at other sites, there is preliminary evidence regarding the protective effects of physical activity.
- Several potential physiological mechanisms exist for an association between physical activity and cancer, including changes in hormone levels and growth factors, glucose and insulin levels, body composition and immune function.
- The International Agency for Research on Cancer (IARC) recommends participating in at least 45 minutes of continuous moderate to vigorous intensity activity on five or more days of the week.
- Current scientific evidence supports the benefits of recreational and occupational (work-related) physical activities such as: walking, running, swimming, cycling, skating, weight training and more.

Time Needed Depends On Effort

Very light effort	Light effort 60 min.	Moderate effort 30-60 min.	Vigorous effort 20-30 min.	Maximum effort
Range needed to stay healthy				
Strolling	Light walking	Brisk walking	Aerobics	Sprinting
Dusting	Volleyball	Biking	Jogging	Racing
	Easy gardening	Raking leaves	Hockey	
	Stretching	Swimming	Basketball	
		Dancing	Fast swimming	
		Water aerobics	Fast dancing	

- The most significant practices for cancer prevention are:
 - a) avoidance of tobacco,
 - b) consumption of vegetables and fruit,
 - c) maintenance of a healthy body weight,
 - d) adequate physical activity and
 - e) adoption of sun protection practices.



••• The Link With Physical Activity, Diet and Obesity •••••

Suit Yourself

The more you put into physical activity, the more results you'll get.

- Scientific evidence demonstrates a link between obesity and the risk of some cancers. People can reduce cancer risk by maintaining a Body Mass Index (BMI) of 20 to 25.

BMI is determined by dividing weight (kg) by height (m²). BMI recommendations do not apply to children, pregnant and nursing women, and athletes in heavy training. Physical activity combined with a healthy diet can reduce risk of obesity. Download a BMI calculator from the Health Canada web site at:

<www.hc-sc.gc.ca/hppb/nutrition/bmi/index.html>

- Eating a healthy diet containing five or more servings of vegetables and fruit every day, in addition to engaging in adequate amounts of physical activity, and maintaining a healthy body weight can reduce risk of cancer by an estimated 30-40%.

••• Get Active Your Way, Everyday — For Life •••••

Reducing Cancer Risk

For a reduction in cancer risk, greater time and intensity is recommended, above current Health Canada recommendations. For further information, see Appendix I: Research Update on page 47.

- *Canada's Physical Activity Guide to Healthy Active Living* is a tool to help you make wise decisions about physical activity choices that will improve your health, help prevent disease and allow you to get the most out of life.
- The Alberta Cancer Board supports the recommendations for physical activity outlined in the Physical Activity Guide. The Guide promotes accumulating 30 minutes of light intensity physical activity every day **or**, if you participate in moderate intensity activities, you can cut down to 30 minutes, four days a week.
- By following these recommendations, one can take the first steps necessary towards becoming more active.
- The Guide promotes:
 - **Endurance activities** to strengthen your heart, lungs and circulatory system (e.g. walking, cycling, hockey), four to seven days a week.
 - **Flexibility activities** to keep joints mobile and muscles relaxed (e.g. stretching, housework, gardening, golfing), four to seven days a week.
 - **Strength activities** to strengthen muscles and bones and improve posture (e.g. weight training, carrying groceries, heavy yard work), two to four days a week.
 - **Reducing sitting** for long periods of time. Set a goal of standing up every time the phone rings, or walking down the hall once every hour.
 - **A combination** of the above activities helps develop overall fitness in addition to reducing the risk of many chronic diseases.





Promoting Physical Activity in Your Community

Promote Physical Activity

An estimated 30-40% of cancers can be prevented through healthy eating, adequate physical activity and maintaining a healthy body weight. As a health professional, you are in an ideal position to promote physical activity, either as a topic by itself or as a message within a broader healthy lifestyles program.

Plan to Target Your Programs

Great Resources!

There are a number of useful resources on conducting needs assessments. Contact the Alberta Cancer Board, (403) 944-4862 or <prevention@cancerboard.ab.ca> for information on resources.

Your health promotion programs will be most successful when they are designed to meet the unique needs of each target audience. One of the best ways to achieve this customized programming is to do a needs assessment and customize your program to meet the needs that have been identified. In some situations (e.g., specific cultural groups, high-needs populations) you may want to involve the target audience in identifying their own health and information needs and planning the programs that are right for them. When working with youth, involve peers and the adult mentors (role models) that will influence them in a positive way.

The more specifically you can define your target audience and identify their needs, the easier it is to plan and implement your health promotion program.

Combine Health Promotion Strategies

Health promotion programs should use a comprehensive approach rather than rely on a single activity in order to maximize the long-term impact on the health of a community. Combine your health promotion strategies to make them more effective (see Suggested Strategies, page 7).

An example of a comprehensive program is one that would:

- a) make community members aware that physical activity is a health issue,
- b) help them change their behaviour to become more physically active and
- c) create a setting that will help them continue to be physically active over time.

Comprehensive efforts often require a group of partners to identify needs, share resources and maintain a program. Sometimes your most appropriate role will be that of an initiator or facilitator, rather than a "doer."



Most health promotion strategies fall into one of the following categories based on the level of impact they will have on a community:

- **Awareness/Prevention** — These programs increase the level of awareness about the topic and/or aim to influence attitudes in order to promote certain behaviours. Awareness and prevention programs may involve flyers, displays, workshops and contests.
- **Lifestyle change** — These programs aim at getting participants to change lifestyle-related behaviours. Lifestyle-change programs often involve personal communication either in groups or with individuals. These programs might rely on awareness programs to encourage and recruit participants.
- **Supportive environment** — These programs create an environment that encourages a healthy lifestyle, i.e., workplace exercise programs at lunchtime.

Admittedly, it takes an investment of time, resources and collaborative partners to develop and implement an extensive health promotion program. But start small and build slowly on your success. Seek help from organizations and individuals involved in nutrition and physical activity (see next page for partnership ideas). If time and/or resources are limited, it may be better to focus on one specific area to help create a supportive environment or promote lifestyle change. If you offer only a strategy that increases awareness, remember to set realistic objectives regarding your expectations of the impact.

Plan to Evaluate Programs

Evaluation should be an integral part of your planning. Your evaluation can show you what worked well, what didn't work and what you might want to do differently next time. There are many excellent evaluation resources available — e.g., *Guide to Project Evaluation: A Participatory Approach* <www.hc-sc.gc.ca/hppb/phdd/resources/guide/introduction.htm>. Contact the Alberta Cancer Board, (403) 944-4862, for information on other evaluation resources. The Alberta Cancer Board offers evaluation support to professionals within Alberta's regional health authorities for health promotion initiatives.



Suggested Strategies

Check Out the Tools in This Teaching Package!

This package contains useful teaching tools and resources designed to help with your physical activity programs:

- Calendar, p. 11
- Presentation Outline, p. 13
- Activities, p. 25
- Recommended Resources, p. 29
- Introspective Evaluation, p. 33
- Promotional Fillers, p. 35
- Background Information, p. 37
- Comprehensive School Health, p. 41
- Working with Adults, p. 43

Work with other organizations and individuals

to identify community needs and plan strategies. The message about physical activity may be promoted on its own or incorporated into broader programs, such as healthy lifestyles and active living.

Potential collaborators/information sources include:

- nonprofit organizations that promote active living, e.g., sports associations, community centres, recreation departments, the Canadian Cancer Society, Be Fit for Life Network, Alberta Centre for Active Living, Municipal Parks and Recreation, Schools Come Alive and Ever Active Schools
- other health professionals within your Regional Health Authority, such as active living professionals, nutritionists, dietitians, nurses, physicians and pharmacists
- educators from junior and senior high schools and post-secondary institutions
- social service agencies, e.g., Family and Community Support Services
- leaders of special populations, e.g., immigrant groups, youth groups
- service clubs, recreational organizations
- local businesses with an interest in community issues and appropriate industries, such as fitness centres and sports equipment stores.

Set up a physical activity information station

with resources and tips on how to become more active. Use an existing facility, such as a:

- grocery store
- public library
- hospital
- physician's office
- pharmacy
- teen drop-in centre
- fitness centre
- community health centre

For information on available resources, contact the Alberta Cancer Board, (403) 944-4862 or prevention@cancerboard.ab.ca.

Share ideas and resources with other stakeholders.

- Share information within your Regional Health Authority to build a knowledge network.
- Contact organizations and individuals outside your Regional Health Authority to organize a networking and resource update session.
- Link up with other Regional Health Authorities to share information and ideas or co-host events in smaller centres.



According to the 2000 Physical Activity Monitor (Canadian Fitness and Lifestyle Research Institute):

Walking continues to be the most popular physical activity in Canada, with 82% of adults aged 18 and older reporting participation in this activity during the previous 12 months.

Over half of children and youth aged 5-17 are not active enough for optimal growth and development, with girls being less active than boys.

Federal, provincial and territorial governments have set a target to reduce the number of physically inactive Canadians by 10% by 2003.

Link up with local schools

- Ensure that information on healthy eating and physical activity is included in general health programs for students. Involve youth in the planning and implementation of programs, e.g., lunch hour fitness sessions, news articles in a student newspaper.
- Meet with teachers to make sure they are aware of what materials are available to support the curriculum and how to access them.
- Work with school administration to ensure that students have opportunities for physical activity through the school.

Get the message out in different ways.

Try one or a combination of these approaches:

- organize a lunch hour walk at your worksite
- help media representatives identify and research story ideas, e.g., profile people from different age groups who changed their lifestyle and how they succeeded
- post a note on elevators to promote the use of stairs
- coordinate your efforts with other health professionals to provide physical activity information to participants in other programs, e.g., public health vaccination clinics, breast health and menopause programs
- combine physical activity with other health promotion activities such as nutrition, tobacco or sun
- encourage the purchase and use of bike racks for active commuting

Tips on collaboration

Collaborative efforts will be more successful when members:

- are representative of an appropriate cross-section
- show mutual respect, understanding and trust
- see collaboration as in their own best interest
- are able to compromise
- share a stake in both process and outcome
- are flexible and adaptable
- have multiple layers of decision making
- develop clear roles and policy guidelines
- establish informal and formal communication links
- practice open and frequent communication
- develop concrete, attainable goals and objectives
- have a shared vision
- have a unique purpose
- can rely on a skilled convener and sufficient funds

(Adapted from: Mattessich, P., Monsey, B. *Collaboration: What Makes it Work*. Amherst H. Wilder Foundation, 1992.)

Intersectoral Action Toolkit

A useful toolkit on intersectoral action (i.e., working with more than one sector of society to take action on an area of shared interest) is available on the Health Canada web site at <www.health-santeCanada.net>.



Partner with specific cultural groups

to develop a program that meets the needs of a particular group.

- Invite representatives of the group to discuss and develop messages targeted to their cultural group.
- Work with groups to adapt existing resources to make them more culturally appropriate.

Tips on organizing an event

Pay close attention to details to make your event the best it can be. It takes a lot of planning to put on a successful event. Although every event is different, some of the common details are:

- **Location:** Is it convenient? Where will people park? Is it close to public transportation? Have you confirmed arrangements?
- **Room:** Is there enough seating? Do participants require table surface? Is the room setup conducive to interaction?
- **Marketing:** How will the event be promoted? What resources are needed to market the event? Do you require an RSVP for booking the space or ordering catering?
- **Fees:** If a fee is to be charged, how will refunds be handled?
- **Timing:** Is it an appropriate day of the week? A convenient time of day? Does it conflict with seasonal activities, e.g., harvest, final exams, seasonal holidays?
- **Schedule:** Have you developed an agenda to help keep things running on time and to ensure details like thanking sponsors are not forgotten?
- **Registration:** How will registration be handled? What materials are needed? Do you need a registration table?
- **Materials:** Do you have enough copies of all materials? Do you need a resource table or extra stationery supplies?
- **Equipment:** What audiovisual equipment is needed? On the day of the event, check that all equipment is present and working.
- **Refreshments:** What refreshments will be provided? Who will arrange for them? How and when will they be dispensed?
- **Babysitting:** Is babysitting required? Where will babysitting be provided? Who will babysit? Should children be preregistered?
- **Evaluation:** How will the event be evaluated? What will be done with the evaluation? Are there evaluation forms and pencils?





**Dates to Remember**

This calendar identifies some of the established days, weeks and months related to cancer and cancer risk factors. Use it to help plan health promotion activities.

Add the dates of local events that are planned for your community.

January National Non-Smoking Week (3rd week) Weedless Wednesday (Wednesday of 3rd week)	February Heart Health Month	March Nutrition Month
April Cancer Awareness Month Dental Health Month World Health Day (April 7)	May National Fitness Month Canadian Dermatology Association Sun Awareness Week (Third week) World No-Tobacco Day (May 31) SummerActive - May and June (Health Canada)	June National Cancer Survivors Day (First Sunday)
July Personal Health Month	August	September Prostate Cancer Awareness Week (3rd week)
October Breast Cancer Awareness Month World Food Day (October 16) Health Research Awareness Month	November	December







Presentation Outline

Eight Great Things to Know About Physical Activity

This section contains an outline for a 10-minute presentation, master copies of overheads and a participant evaluation form. The outline is just a general guide-adapt it to suit the age and experience of your audience and to reflect your own personality and background. Use it to add a physical activity component to presentations about healthy lifestyles, prepare for committee meetings and media interviews.

Learning Objectives

Upon completion of the interactive presentation, participants will:

1. Increase awareness of the impact of physical activity on health.
2. Recognize the importance of physical activity participation in reducing cancer risk.
3. Recognize the importance of participating in a variety of endurance, flexibility and strengthening activities to develop overall fitness and reduce risk of chronic disease.
4. Identify ways to integrate physical activity into daily living.

Tips on Introducing a Presentation

Start by introducing yourself and asking the group members to introduce themselves, if appropriate. Tell the group what to expect in this presentation, e.g., "I will discuss Eight Great Things to Know About Physical Activity, followed by a question period and a group activity."

1. Physical activity enhances your life

- Studies show that a healthy diet, regular physical activity and maintaining a healthy body weight could prevent 30-40% of cancers. In Alberta, this type of lifestyle could mean a drop in cancer incidence of over 3,000 cases a year.
- Being physically active can enhance both your physical and mental health. Inactivity is linked to premature death, depression, obesity, and more.



2. Follow Canada's Physical Activity Guide to Healthy Active Living

Reducing Cancer Risk

For a reduction in cancer risk, greater time and intensity is recommended, above current Health Canada recommendations. For further information, see Appendix 1: Research Update on page 47.

- Following the recommendations made in *Canada's Physical Activity Guide to Healthy Active Living* will help you to become more physically active.
- Add up your activities during the day in periods of at least ten minutes each. Start slowly...and build up! If you're already doing some light activities, move up to more moderate ones. A little is good, but more is better, if you want to achieve health benefits.
- If you are just beginning an exercise program, check with your doctor first.
- The *Guide* is for all Canadians, but it is particularly targeted to help the inactive take the first steps towards making physical activity an important and enjoyable part of daily life.
- *Canada's Physical Activity Guide to Healthy Active Living for Older Adults* was developed and launched in May of 1999. It is recommended that older adults accumulate 30-60 minutes of moderate physical activity most days. This means increasing endurance activities to four to seven days a week, increasing flexibility activities on a daily basis and increasing strength and balancing activities to two to four days a week.
- *Canada's Physical Activity Guide for Children and Youth* was developed and launched in the spring of 2002. It is recommended that children and youth INCREASE time CURRENTLY spent on physical activity, starting with 30 minutes MORE per day and REDUCE "non-active" time spent on TV, video, computer games and surfing the Internet, starting with 30 minutes LESS per day. Over the course of five months, each child and youth should accumulate a total daily INCREASE in physical activity to 90 minutes per day. In addition, children should aim to decrease the time spent in non-active periods by 90 minutes.

3. Enjoy a variety of activities

- There are three types of activities you need to do to improve your level of fitness: endurance activities, flexibility activities, and strength activities.
- By participating in a variety of activities, benefits can be gained in each of these areas.
- Endurance activities improve your heart, lungs and circulatory system and include activities like walking, cycling, and dancing. Enhanced flexibility will keep your muscles and joints mobile, while strengthening activities will strengthen muscles and bones and improve your posture.
- Check the *Guide* (beginning on page 51) for examples of each type of activity.
- The key is to find activities that you enjoy doing and participate in them more frequently.



4. Reap the benefits of regular physical activity

- Better physical and mental health
- Improved fitness
- Better posture and balance
- Improved self-esteem
- Weight control
- Stronger muscles and bones
- More energy
- Relaxation and reduced stress
- Continued independent living in later life
- Reduced risk of: heart disease, falls and injuries, obesity, high blood pressure, adult-onset diabetes, osteoporosis, stroke, depression, certain types of cancers and premature death.

5. Get active your way, every day-for life

- Build activities into your daily routine by: using the stairs instead of the elevator; walk during your lunch break, stretch at your desk or in front of the television, commute to work or school by walking or cycling, do some housework, gardening, or join a sports team.

6. Enjoy healthy active living

According to the 2000 Physical Activity Monitor (Canadian Fitness and Lifestyle Research Institute):

As many as 63% of Albertans are insufficiently active for optimal health benefits.

Physical inactivity declined significantly since the early 1980s, going from 74% in 1981 to 63% in 2000.

Physical inactivity remains pervasive in Canada, with 61% of adults age 18 and older still considered insufficiently active for optimal health benefits in 2000, compared with 79% in 1981. Rate of physical activity increases as we move from Eastern to Western Canada.

- Healthy active living means participating in physical activities on a regular basis, enjoying a nutritious balanced diet, and maintaining a healthy body weight.
- There is a link between obesity and the risk of some cancers. Your cancer risk is reduced if you maintain a Body Mass Index of 20 to 25. BMI is a measure of your weight adjusted for your height. BMI recommendations do not apply to children, pregnant and nursing women and athletes in heavy training. Download a BMI calculator from the Health Canada web site at <www.hc-sc.gc.ca/hppb/nutrition/bmi/index.html>.
- Follow *Canada's Food Guide to Healthy Eating* for more information about a nutritious diet. Download the Food Guide from the Health Canada web site at <www.hc-sc.gc.ca/hppb/nutrition/>.



7. Find a partner

- Enjoy being active with your spouse, children, friends, or co-workers.
- Participating in activities with another person is a great motivator and an opportunity to socialize.
- Children learn by example. Act as a positive role model and your children will follow suit. As a family, you can take walks, go skiing, skating, or hiking.

8. Set a goal — it's easier than you think

- Choose activities that you enjoy and then decide how much time you have to devote.
- Set realistic goals and plan your activities. That way it's easier to commit to them.
- Reward yourself when you've reached your goals. You've earned it!
- Over time you might want to vary these activities and increase the intensity to prevent boredom and to enhance your level of fitness. Eventually, build up to a goal of participating in at least 45 minutes of continuous moderate to vigorous intensity activity on five or more days of the week.

Tips on Concluding Your Presentation

- *Thank participants for their interest and questions.*
- *Remind participants to start slowly and build up. If they're already doing some light activities, they can move up to moderate ones. If they're already active on a regular basis, encourage them to stick with it.*
- *Tell participants where they can go for further information.*
- *Encourage participants to complete an evaluation form (see sample in this section).*
- *Invite participants to speak to you privately if they have a question that they do not want to discuss in the group.*

Tips on Answering Questions

- *Invite questions. Tell participants how much time is allowed for questions. If you cannot answer a question, suggest another source of information (e.g., family doctor or the Canadian Cancer Society's Cancer Information Service at 1-888-939-3333) or say you will find the answer and get back to them.*
- *The following questions are often asked at presentations. The answers to these and other questions can be found in the Background Information.*
 - *How much physical activity is enough to make a difference?*
 - *Why is physical activity important?*
 - *What is the link between physical activity and cancer?*

Tips on Using Overheads

- *Copy the overheads onto transparencies and mount them on cardboard frames.*
- *Enhance your presentation by using a colour overhead of Canada's Physical Activity Guide to Healthy Active Living (print one off the Health Canada web site at <www.paguide.com>).*





Physical Activity Enhances Your Life

**30-40% of cancers could be
prevented through**

- **a healthy diet**
- **regular physical activity**
- **maintaining a healthy body weight**





Follow Canada's Physical Activity Guide to Healthy Active Living

**You do not need to run a marathon to
reap the rewards of physical fitness.**

**Following the recommendations in the
Guide will help you to become more
physically active.**

**Get active your way — build physical
activity into your daily life . . . that's
active living!**





Enjoy a Variety of Activities

Try different activities and find something you like. Walking, cycling, dancing, curling . . . the list is almost endless.





Reap the Benefits of Physical Activity

**When you're physically active you feel
better in many ways.**

- Better physical and mental health
- Improved fitness
- Better posture and balance
- Improved self-esteem
- Weight control
- Stronger muscles and bones
- More energy
- Relaxation and reduced stress
- Continued independent living in later life
- Reduced risk of disease





Find a Partner

Participating in activities with another person is a great motivator and an opportunity to socialize.

Enjoy being active with your spouse, children, friends, or co-workers.





Set a Goal

**Set realistic goals and plan your activities.
That way it's easier to commit to them.**

**Build up to a goal of participating in at
least 45 minutes of continuous moderate
to vigorous intensity activity on five or
more days of the week.**

**Reward yourself when you've reached
your goals. You've earned it!**



Participant's Evaluation

Location: _____

Date: _____

1. I found this presentation to be: (Please circle your response)

(Not interesting at all) 1 2 3 4 (Very interesting)

Comments:

2. The amount of new information I gained as a result of this presentation was: (Please circle your response)

(Very little) 1 2 3 4 (A lot)

Comments:

3. The length of the presentation was: ☐ Too long ☐ Too short ☐ Just right

Comments:

4. You could improve the presentation by:

5. Other comments:

6. Other groups that might be interested in this information:







Activities

Make Your Presentation Interactive — Add an Activity

This section describes a variety of activity ideas that can be used to add an interactive component to your presentations or other initiatives. Select the activity that is most appropriate for your particular group, can be accomplished in the amount of time available and emphasizes the key messages you would like to teach. Adapt the activities as needed.

Activity Ideas

The best presentations are those that involve the audience as active participants. Active participation helps to maintain interest as well as reinforce learning. Here are some suggestions on how you can add an interactive component to your presentations.

- Facilitate a guided discussion on overcoming challenges to regular physical activity. Ask participants to discuss:
 - What are some of your common barriers and how can they be overcome?
 - How can I motivate myself to participate?Record the responses on a flip chart or blackboard.
- Get participants involved. Hand out brief written statements and ask participants to read out or introduce sections of the presentation.
- Use a question-and-answer session or true/false quiz to address common questions about physical activity.
- Invite the group to share ideas on how to incorporate healthy eating and physical activity into a busy schedule.
- Teach participants to use Body Mass Index (BMI) as a guide to assess their body weight. Discuss how cancer risk is reduced when BMI is 20 to 25. (BMI recommendations do not apply to children, pregnant and nursing women and athletes in heavy training.) Download a BMI calculator from the Health Canada web site at www.hc-sc.gc.ca/hppb/nutrition/bmi/index.html
- Have an instructor lead a short stretch or mini fitness break during your presentation.
- Have participants write out their fitness goals and develop a physical activity plan to get them started or to motivate them to try different things.



Don't Stop Here!

Add your own activity ideas to the list.

- As a group, brainstorm ways for people to become more active in their communities. For example, if swimming is a favourite activity for some members of the group, generate ideas of where convenient pools are, good times to go, and good rates.
- Share ideas on activities that can be done as a family such as skiing for an active holiday or camping and hiking on a weekend.
- If participants are interested in learning a new skill, start a group. For example, if a number of people are interested in learning how to start running, hire an instructor to teach basic skills and important things to know about the sport. Set a time to meet (every Wednesday evening) and participate and learn as a group.
- Start a work site nutrition and fitness program.
- As a group, complete the Physical Activity Readiness Questionnaire (PAR-Q on page 49). Discuss results.
- As a group, become active in advocating for supportive environments that enhance physical activity. Work with local communities to ensure safe biking/walking paths and recreation areas.
- Concerned parents and community members might also want to work with local organizations in promoting comprehensive school health activities and quality daily physical education for students.

Lack of time is the most frequently cited barrier that keeps people from being more active. Encourage people to make physical activity part of their daily routine. Suggest that they:

- Get off the bus or train early and walk.
- Use the stairs instead of the elevator.
- If they sit all day at work, they should get up at least once every hour to walk down the hall, or do some stretches.
- Use their lunch break to walk/jog, work out, or stretch.
- Join a physical activity class at a nearby gym or community centre.
- Commute actively — cycle or walk to work or school.
- Avoid sitting in front of the television. Stretch or lift some weights at the same time.
- Run their errands on foot. Walk or cycle whenever possible.
- Hit the dance floor. Try line, square, ballroom, or jazz dancing or turn on the music at home and dance in your living room!
- Look for active volunteer work. Walk their elderly neighbour's dog, or coach a sports team.
- Make a personal or family commitment to try a new activity every season or year. Try snowshoeing, skiing, canoeing, fishing, in-line skating, biking, or hiking.



Activities for the Classroom

The following activities are designed for classroom situations. Select the activity that is most appropriate for your particular group, can be accomplished in the amount of time available, and emphasizes the key messages that you would like to teach. Adapt the activities as needed dependent on your context, e.g., students' needs, experiences and interests, teacher's request and alignment with program outcomes, time available.

Program of Studies (curriculum), developed in consultation with teachers from across the province, are legal documents that identify what students should know and do as a result of any one program (e.g., health or physical education). Appendix 7 on page 63 provides a one-page overview of K-9 Health and Life Skills Program of Studies; Appendix 8 on page 64 provides an overview of K-12 Physical Education Program of Studies. Teacher resource materials to support implementation are also identified. Specifically, the Guide to Implementations (both are available on the Alberta Learning web site at <www.learning.gov.ab.ca/k_12/curriculum/bySubject>) includes activities for the classroom. These activities align with the program outcomes, are grade specific and often include additional resources, e.g., student handouts. Your work in classrooms can; support teachers' responsibility in implementation of the program of study demonstrate collaboration in relation to a comprehensive school health approach and provide another advocate/voice for physical activity. Any activities planned should align with the grade specific outcomes.

Show and Tell Your Activity

Grade: K - 6

Time: 60 minutes

Objective: Greater understanding about different types of physical activities.

Directions: Have each student choose a physical activity that they enjoy participating in or are interested in. Each student does a brief demonstration of their activity and talks a little about it. For example, if a student chooses cycling, they might bring in their bike, talk about safe cycling techniques (e.g. helmets), where they cycle, and how often they participate.

TIP: Have each student select an activity to present beforehand to avoid presentations on similar activities.

Talk to an Athlete

Grade: 4 - 9

Time: 60 minutes

Objective: Increased understanding and appreciation of athletic training and the importance of physical activity.

Directions: Bring in a guest active living role model to speak about his or her activity. They might want to bring in equipment to demonstrate to the students, promote their sport and answer questions. The guest could talk about the value of physical activity in their lives.

Myths and Truths

Grade: 7-9

Time: 60 minutes

Objective: To discover the truths behind common misconceptions around physical activity.

Directions: Divide the class into groups of three. Each group is to come up with a common myth or misconception about physical activity. Talk about the truths as a group. Common myths include: physical activity is only for overweight people, no pain-no gain, weight training makes you look like a body builder, exercise isn't a good idea for people with a disability.



.. Spread the Word

Grade: 7-12

Time: 120 minutes spread over two class periods

Objective: Increased understanding of the key eating and physical activity messages and the influence of advertising on lifestyle choices.

Directions: Introduce a discussion about how advertising influences the choices people make about lifestyle behaviours. Ask students to bring in examples of ads (print) or describe commercials (television) that speak to them about what they eat, how they choose to spend their free time and what activities they get involved in.

Next, challenge the students to launch an advertising campaign for health at their school. Have them work in small groups to select a message (they might choose to focus on just one aspect of healthy eating or active living), brainstorm ideas and put together an advertisement to encourage everyone in the school to make healthy choices. They might create something like a magazine ad or radio commercial — it depends on the resources at your school. Encourage them to have fun and be creative.

.. Achieving My Goals (Adapted from Food Glorious Food: Division 2, Alberta Milk Producers)

Grade: 7-12

Time: 45 minutes

Objective: Practice problem solving techniques that will help in achieving goals.

Directions: Have students make an “Achieving a Healthy Goal” sheet that contains three columns:

1. Goal
2. Possible obstacles
3. Strategies to deal with obstacles.

Organize students into small groups. Ask each group to list some things they want to do to improve their physical activity and eating habits. It is important that these goals are achievable. It will help if they identify detailed goals rather than vague ones, e.g., “I will walk three nights a week for 30 minutes” or “I’m going to take ski lessons this winter” or “I want to start swimming at the local pool two times every week” rather than “I want to start exercising more often.”

Next, ask students to list the obstacles they feel they might encounter in achieving their goal, e.g., no one I know exercises. How am I even going to start? Each obstacle should be paired with at least one working strategy to overcome it, e.g., ask a friend if he or she would like to start walking with you after school three days a week.

Reopen the discussion one week later. Have each student work with their “Achieving a Healthy Goal” sheet. How successful were they in making this change? How many found new obstacles? What were they? How did they overcome them?





Recommended Resources

Additional Resources

Listed below are additional resources on physical activity. This is just a selection—there are other resources on the subject. Check with audiovisual distributors, your school library, Canadian Cancer Society, your Regional Health Authority, Alberta Cancer Board, Alberta Centre for Active Living and Be Fit for Life Network.

Print Resources

Alberta Learning distributes the following resources:

Program of Studies and support resources for:

K-9 Health and Life Skills

<www.learning.gov.ab.ca/k_12/curriculum/bySubject>

K-12 Physical Education

<www.learning.gov.ab.ca/k_12/curriculum/bySubject>

Learning Resources Centre - for access to authorized resources:

<www.lrc.learning.gov.ab.ca>

Canada's Physical Activity Guide

The Physical Activity Guide is available from:

Publications, Health Canada, Ottawa, Ontario K1A 0K9

Toll Free: 1-888-334-9769 <www.paguide.com>

Canadian Association for the Advancement of Women and Sport and Physical Activity distributes the following resources:

<www.caaws.ca/Girls/girls_pubs.htm> E-mail: caaws@caaws.ca

N202-801 King Edward Avenue, Ottawa, Ontario, K1N 6N5

(613) 562-5667 Phone (613) 562-5668 Fax

Adolescent Women, Tobacco and Physical Activity

An in depth exploration of the links between dropping out of physical activity and taking up smoking. Shows coaches, physical activity leaders, youth workers, teachers and parents how addressing both behaviours can improve the life circumstances of adolescent women. English and French. \$10.00.



Do it for you! Poster

Full colour 18" x 24" poster promoting the joy and fun of physical activity for young girls and young women.

Do it for you! Video

One of a kind inspirational video promoting the joy and fun of physical activity and sport for young girls and women.

On the Move: Increasing Participation of Girls and Women in Physical Activity and Sport

A handbook designed to help you encourage non-active teenage women to participate in fun-filled, supportive, low skill level team recreational activity. Contains step-by-step guidelines for developing an ON THE MOVE program; 106 pages. English and French. \$10.00.

Self-Esteem, Sport and Physical Activity

A common sense guide to enhancing self-esteem in children and adolescent women. Of special interest to parents, teachers, coaches, leaders and sport and active living organizations. English and French; 30 pages. \$10.00. Abridged version free.

Health Canada distributes the following resources:

Administrative Bureau for Active Living
Suite 312, 1600 James Naismith Dr., Gloucester, Ontario K1B 5N4
(613) 748-5721 Phone (613) 748-5734 Fax
<www.hc-sc.gc.ca/hppb/nutrition/pube/vitality/index.html>

Active Living Blueprints for Action

Active Living-Active Learning: New Dynamics for Canadian Schools

Active Living in the Workplace Resources

Active Living-Go for Green

Community Resources Kit

Physical Education Resource Guide Kindergarten to Grade 12

A listing of agencies and resources to support physical education program implementation in Alberta published in January 2002. \$10.00.

Schools Come Alive, #5-6, 11010-142 St. NW
Edmonton, Alberta T5N 2R1
Phone: (780) 454-4745 Fax: (780) 453-1756
sonya@schoolscomealive.org



Web sites

There are a number of web sites that provide information on physical activity. Several useful sites are listed here.

Alberta Centre for Active Living

Phone: (780) 427-6949 Fax: (780) 455-2092
<www.centre4activeliving.ca/>

Alberta Learning-Physical Education Online:

<www.learning.gov.ab.ca/physicaleducationonline>

Be Fit For Life Network

Phone: (780) 492-4435 Fax: (780) 455-2264
<www.provincialfitnessunit.ualberta.ca/bffl/index.html>

Canada's Physical Activity Guide Handbook Online

<www.paguide.com> or 1-888-334-9769

Canadian Association for the Advancement of Women and Sport and Physical Activity

Phone: (613) 562-5667 Fax: (613) 562-5668
<www.caaws.ca>

Canadian Association for Health, Physical Education, Recreation & Dance

Phone: (613) 523-1348 Fax: (613) 523-1206
<www.cahperd.ca>

Canadian Fitness and Lifestyle Research Institute

Phone: (613) 233-5528 Fax: (613) 233-5536
<www.cflri.ca>

Ever Active Schools

<www.everactive.org>

Go For Green

Phone: (613) 748-1800 Fax: (613) 748-0357
<www.goforgreen.ca>

ParticipACTION

Phone: (416) 954-1212 Fax: (416) 426-7421
<www.participaction.com>

Safety Guidelines for Physical Activity in Alberta Schools

<www.med.ualberta.ca/acicr>

Schools Come Alive

<www.schoolscomealive.org>

Organizations

Key organizations to contact for information and resources are:

Your Regional Health Authority or School Health Nurse

See local listings

Alberta Centre for Active Living

Phone (780) 415-8885
<www.centre4activeliving.ca>



Be Fit for Life Network

Be Fit for Life Resource Centre, University of Alberta
Faculty of Physical Education and Recreation, Edmonton AB T6G 2H9
(780) 492-0758

Campus Recreation, University of Calgary
KNA 101, 2500 University Dr. NW, Calgary AB T2N 1N4
(403) 220-8011

Fitness Resource Centre, Grande Prairie Regional College
10726 - 106 Ave., Grande Prairie AB T8V 4C4
(780) 539-2816

Keyano College Lifestyle Services
Box 10, 8115 Franklin Ave., Fort McMurray AB T9H 2H7
(780) 791-8916 or (780) 791-4945

Recreation Centre, Lakeland College
5707 - 47 Ave. West, Vermilion AB T9X 1K5
(780) 853-8474 or (780) 791-4945

Kevin Sirois Fitness Resource Centre, Red Deer College
Box 5005 (56th Ave. and 32nd St.), Red Deer AB T4N 5H5
(403) 342-3140

Be Fit for Life Centre, Lethbridge Community College
3000 College Dr. S, Lethbridge AB T1K 1L6
(403) 382-6919

Fitness Resource Centre, Medicine Hat College
299 College Dr. SE, Medicine Hat AB T1A 3Y6
(403) 504-3548

Canadian Cancer Society, Alberta/NWT Division

(403) 228-4487 (Calgary), 1-800-661-2262 (outside Calgary)
<www.cancer.ab.ca>

Cancer Information Service (Canadian Cancer Society)

1-888-939-3333

Dietitians of Canada

(403) 217-5211 (Regional Office) or 1-888-901-7776
<www.dietitians.ca>

Ever Active Schools

(780) 454-4745
<www.everactive.org>

Health Canada (Alberta and NWT Region)

1-780-495-2651
<www.hc-sc.gc.ca>

Heart and Stroke Foundation of Alberta, NWT and Nunavut

(403) 264-5549, 1-888-473-4636 (outside Calgary)
<www.hsf.ab.ca>

Schools Come Alive

(780) 454-4745
<www.schoolscomealive.org>





Introspective Evaluation

A Chance for Reflection

This form is designed to help you evaluate your activities. Reflect upon your experiences by responding to the following prompts. File your responses away for future reference.

Type of Activity: _____ Location: _____

Number of Participants: _____ Date: _____

1. I learned that ...

2. I was proud that I ...

3. I was surprised when ...

4. I was disappointed that ...

5. Next time I would ...







Promotional Fillers

Three Versions of Fillers

This section contains promotional fillers that summarize the core message on physical activity into one-, two- and three-paragraph versions. Use the promotional fillers in newsletters, on posters, as media releases or in other ways.

One-Paragraph Version

Physical activity can improve your health

30-40% of cancers can be prevented through

- A healthy diet with a variety of foods, including 5 to 10 servings of vegetables and fruit every day
- Adequate physical activity — aim for a goal of at least 45 minutes of continuous moderate to vigorous intensity activity on five or more days of the week.
- Maintaining a healthy body weight

Two-Paragraph Version

Get active your way, every day — for life

30-40% of cancers can be prevented through

- A healthy diet with a variety of foods, including 5 to 10 servings of vegetables and fruit every day
- Adequate physical activity — aim for a goal of at least 45 minutes of continuous moderate to vigorous intensity activity on five or more days of the week.
- Maintaining a healthy body weight

Find activities that you enjoy, and participate in them frequently. Start slowly....and build up! A little is good but more is better, if you want to achieve health benefits.



**Decreased cancer risk =
healthy diet + activity + appropriate body weight**

30-40% of cancers can be prevented through

- A healthy diet with a variety of foods, including 5 to 10 servings of vegetables and fruit every day
- Adequate physical activity — aim for a goal of at least 45 minutes of continuous moderate to vigorous intensity activity on five or more days of the week.
- Maintaining a healthy body weight

Find activities that you enjoy, and participate in them frequently. Start slowly....and build up! A little is good but more is better, if you want to achieve health benefits.

Participate in: a) endurance activities such as walking or swimming,
b) flexibility activities such as stretching or gardening, and
c) strengthening activities such as heavy yard work, or weight training.





Background Information

For More Information

This section provides background information on physical activity. For further information contact the Alberta Cancer Board, (403) 944-4862, or e-mail prevention@cancerboard.ab.ca.

How much physical activity is enough to achieve health benefits?

Time and energy spent on physical activity depends on one's goals. For instance, if one chooses to run a marathon, he or she will need to spend more time training than somebody who may want to enhance their health through physical activity. The same is true for cancer prevention. Greater effort is recommended, above current Health Canada recommendations, for a reduction in cancer risk as this is what the current state of literature demonstrates.

Realize that some activity is better than nothing at all. Even a 15-minute walk three times a week is a great way to start becoming more active. Consider the recommendations outlined in the Physical Activity Guides and find an intensity, frequency and duration that works for you.

How can I find the time to be active?

It is common for people to think, "I'd like to be more physically active but I don't have the time." Physical activity does not have to be time consuming. Find ways to incorporate activities into your daily routine such as walking from the far end of the parking lot or biking to work or school.

If you simply can't find enough time in your day for any activity, still attempt to keep your body moving, e.g., stand while talking on the phone, stretch while sitting at your desk or get up and walk down the hallway a couple of times a day.

Schedule an appointment with yourself to be active. Write it down in your schedule and stay committed to your plan.

What is the best way to get rid of my 'spare tire'?

Unfortunately there is no such thing as 'spot reducing' exercises. The best way to reduce fat and increase muscle tone is to participate in a variety of endurance and strengthening activities for the entire body and to eat a healthy diet. Any product that claims it will reduce fat in a particular area of your body is lying!



Is it true 'No Pain-No Gain'?

No! Physical activity should be fun and enjoyable. Health benefits can even be achieved by exercising at low intensities. Exercise does not have to be hard to be beneficial. Choose activities that you enjoy doing. That way you will likely stick with them.

Doesn't being active cost a lot of money?

It doesn't have to. All that you need is comfortable clothing, supportive footwear, and the desire to participate. It doesn't cost anything to go for a walk outside or in a mall, do an exercise show on television, walk stairs, garden, or do household chores.

Many fitness centres and community organizations offer discounted rates for memberships and classes.

Weight training!? But, as a woman, I don't want huge muscles.

Weight training can have many benefits for women. Increased muscular strength and endurance will enhance ability to do tasks like carrying a child, shovelling snow or raking leaves. Increases in muscle mass also increase caloric expenditure which is important for weight loss and control. Women should not shy away from participating in weight training activities as the benefits are numerous.

Why is physical activity important?

Our lifestyles have become increasingly more sedentary as many of us sit for long periods during the day and rely on conveniences such as remote controls and garage door openers that reduce our level of activity. Inactivity is very hazardous to our health by increasing our risk of premature death, chronic diseases, obesity, and more. Physical activity can enhance your health.

How do I know if I'm doing enough activity to make a difference?

Any amount of physical activity is better than doing nothing at all, but realize that more is better. The Guide recommends 30 minutes, four days per week if activity is of a moderate intensity or 60 minutes a day if activity is of a light intensity. Activities should focus on improving cardiovascular endurance, muscular strength, and flexibility. In order to further reduce your risk of cancer, greater time and intensity is recommended. Build up to participating in at least 45 minutes of continuous moderate to vigorous intensity activity on five or more days of the week.



How do I get started?

Start slowly...and build up! Find an activity that you enjoy participating in and begin with a very realistic goal. Even a 10 minute walk two days per week is a great place to start. Slowly build yourself up to a longer walk more frequently and increase the pace as it feels comfortable. Listen to your body and participate in activities that you enjoy.

How can physical activity reduce my cancer risk?

Physical activity influences cancer risk through several possible biologic mechanisms, including its effects on hormones, body composition, glucose and insulin, and immune function. The role of physical activity in cancer prevention is becoming increasingly apparent and still warrants a great deal of research into the type, dose and time periods in life when physical activity most affects cancer prevention. Based on evidence to date, in order to benefit from a risk reduction of colon and breast cancers, one is required to participate in at least 45 minutes of continuous moderate to vigorous intensity activity on five or more days of the week. See the Research Update written by Dr. Christine Friedenreich on page 47 for more information.







Primer on Comprehensive School Health

Comprehensive School Health

Your physical activity initiatives may be just one component of a broader comprehensive school health program on healthy lifestyles. This section provides a general overview of comprehensive school health — what it is and who benefits from it.

What Is Comprehensive School Health?

Comprehensive School Health (CSH) is an integrated approach to health promotion that gives students numerous opportunities to observe and learn positive health attitudes and behaviours — through the school curriculum, health and community services and the school environment.

CSH recognizes that many different factors affect the health and well-being of students, including the physical condition of the home, school and community; the availability of quality health services; economic and social conditions; and the quality and impact of health promotion. As a result, it encourages and depends on active partnerships among people who contribute to the well-being of students, including teachers, parents, peers, health professionals and the community.

CSH incorporates

- Curriculum: integrated instruction that promotes improved health knowledge, attitudes and behaviours
- Health and community services: programs that focus on prevention, health promotion and provision of appropriate services to students requiring assistance and intervention
- School environment: an environment that promotes health-enhancing behaviours of students, families and school personnel

Who Benefits from Comprehensive School Health?

CSH offers benefits to everyone involved.

Students gain

- knowledge, guidance and support to make healthy lifestyle decisions, avoid health risks and overcome health problems
- the opportunity to learn in a healthy, positive and supportive environment



Families gain

- improved connections to the school and community
- opportunities to be actively listened to and involved

Educators gain

- support for knowledge and skills learned at school, in the community and at home
- increased staff wellness through worksite health promotion activities

Community groups and volunteers gain

- the opportunity to be involved in partnership programs that value individual experience and contribute toward the well-being of students, families and the community

Health professionals gain

- the opportunity to work with fewer barriers to service delivery
- the opportunity to collaborate with school communities

Administrators gain

- enhanced support, because the entire school community is involved in the process
- the opportunity to tailor programs to meet specific goals or needs through coordination of effort





Tips on Working with Adults

Adults Learn Differently than Children

Adults learn, grow and interact differently from children. Therefore, in a learning situation, adults behave differently from children. As an instructor, it is important to have the right approach when working with adults or your message will not be well received. This section offers a few tips.

Getting the Most from Your Presentation

You can help your group get the most from your presentation or activity by keeping in mind the following points:

1. Adults are a highly diversified group of individuals with widely differing preferences, needs, backgrounds and skills.
"I am a graduate of the School of Life. I've had a lot of experiences. Respect my individuality and personal opinions."
2. Adults can serve as a significant information resource to the facilitator as well as other group members.
"I like to learn from the experiences of others. Let us share our ideas and stories with each other."
3. Adults want to play an active role in learning situations.
"Learning is not a spectator sport for me. Plan the presentation so that I can get involved."
4. Adults expect what they are learning or doing to be immediately useful.
"I like very practical information. Tell me how I can apply what I have learned to my real life situation."
5. A comfortable and supportive environment will improve an adult's ability to learn.
"I need to be able to see and hear what you are teaching. Make me feel comfortable, relaxed and accepted."







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Appendix I

Research Update: Physical Activity and the Primary Prevention of Cancer



Reprinted with permission from the Alberta Centre for Active Living's Research Update (Vol. 9, No. 2, March 2002). Research Update is available on the Alberta Centre for Active Living's web site at <centre4activeliving.ca>

Physical Activity and Cancer Risk

We have made such progress in understanding how physical activity reduces the risk of developing cancer that we can now develop specific physical activity guidelines for the primary prevention of cancer (Friedenreich, 2001; IARC, 2002).

Besides diet, there are very few modifiable lifestyle risk factors for cancer. For this reason, researchers are interested in determining the effect of physical activity on cancer—specifically, the type, dose, and time periods in life when physical activity most affects cancer prevention.

Physical activity influences cancer risk through several possible biologic mechanisms, including effects on:

- endogenous sex and metabolic hormones;
- obesity and per cent body fat;
- insulin, glucose, and insulin-like growth factors; and
- immune function.

Recent developments have overcome some of the key limitations of previous research, including the following.

1. Methods for measuring physical activity have improved (previous instruments had often been quite crude).
2. Researchers now more fully consider the effects of activity within different population subgroups and the influence of other risk factors that might confound the association between physical activity and cancer.

The possible biologic mechanisms by which physical activity influences cancer risk are themselves becoming the focus of research studies.

This article highlights the association between physical activity and cancer, and describes recent, ongoing, and planned studies of physical activity and cancer in Alberta.

Reviews on Physical Activity and Cancer

Nearly 150 studies, conducted worldwide, have examined aspects of physical activity at work, in the home, and for recreation, and how these aspects relate to developing cancer of the colon, breast, prostate, ovary, endometrium, lung, testes, and kidney. A working group, convened by the International Agency for Research on Cancer in 2001, systematically reviewed all of the evidence on physical activity, weight control, and cancer prevention.

This group found strong and consistent evidence that physical activity reduces the risk of developing colon and breast cancers (IARC, 2002). The evidence for prostate and endometrial cancers was weaker and less consistent (and therefore classified as limited). For all other cancer sites, the evidence was not strong enough to make any classification.

These studies show that physically active people can reduce their risk of colon cancer by 50% and their risk of breast cancer by 30–40% (as compared to inactive individuals). Benefiting from this risk reduction requires 45–60 minutes of activity (moderate to vigorous intensity), performed on four days of the week or more.



Alberta Studies on Physical Activity and Cancer

We have been conducting population-based, case-control studies of physical activity and cancer in Alberta since 1995. Before beginning these studies, we developed the Lifetime Total Physical Activity Questionnaire, which measures all types of activity performed throughout the day, including occupational, household, and recreational activity (Friedenreich, Courneya, & Bryant, 1998). The questionnaire also captures the total dose of the activity, (i.e., its frequency, intensity, and duration) throughout life (from childhood up to the interview).

Our first study of breast cancer included 1,233 cases and 1,237 controls, interviewed between 1995 and 1997. We found that total lifetime physical activity reduced the risk of post-menopausal breast cancer by 30% (Friedenreich, Bryant, & Courneya, 2001; Friedenreich, Courneya, & Bryant, 2001a and 2001b). Sustained lifetime activity reduced the risk in post-menopausal women by 42%, while women who became active after menopause experienced a 40% decreased breast cancer risk.

The second study of prostate cancer included 990 cases and 1,063 controls interviewed between 1997 and 2000. Overall, we observed no association with lifetime activity, but did find a 23% decreased prostate cancer risk among men who performed activity of vigorous intensity.

We are continuing to follow up the cases from both the breast and prostate cancer studies to determine the rates of recurrence, progression, and survival for these patients. In addition, we have detailed diagnostic and medical information from the charts, and have re-interviewed all of the cases in the prostate cancer study to measure their post-diagnosis physical activity levels. For these two cohort studies, we will also examine how physical activity influences survival after cancer.

Planned Studies

We will begin data collection for the third case-control study (on endometrial cancer) in 2002. We plan to sample 550 cases and 1,100 controls from Alberta. As in all of our studies, this report will capture detailed information on several risk factors in addition to patients' lifetime physical activity patterns. We are also conducting pilot studies to determine the feasibility, reliability, and rate of acceptance for obtaining biologic samples from the study subjects. (We have requested additional funding to add biologic sampling to this epidemiologic study.)

Finally, we are planning a multicentred, randomized, controlled trial of exercise for the primary prevention of breast cancer. Post-menopausal, sedentary women will participate in a one-year trial in Edmonton and Calgary (half the group will receive an exercise intervention and the other half will act as controls). This study will examine some of the hypothesized biologic mechanisms that may operate in the association between physical activity and breast cancer risk, including endogenous estrogen levels, insulin, insulin-like growth factors, mammographic breast tissue density, body composition, and body fat stores. We will also examine several psychosocial factors and quality of life outcomes in these women. Only one other intervention trial on physical activity and breast cancer prevention is currently being conducted (McTiernan et al., 1999).

This type of intervention research supplies an important missing link about the underlying biologic model—a model that can explain how physical activity influences the risk of breast cancer. Ultimately, by understanding these biologic mechanisms, public health recommendations about the dose, type, and timing of physical activity for breast cancer prevention can be designed to maximize the potential benefit for women at risk.

Christine Friedenreich, PhD, Research Scientist, CIHR New Investigator



Appendix 2

Physical Activity Readiness Questionnaire (PAR-Q)

Physical Activity Readiness
Questionnaire - PAR-Q
(revised - 1994)

PAR-Q & YOU

(A Questionnaire for People 15 to 69)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. **If you are over 69 years of age, and you are not used to being very active, check with your doctor.**

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: Check YES or NO.

YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	1. Has your doctor ever said that you have a heart condition <u>and</u> that you should only do physical activity recommended by a doctor?
<input type="checkbox"/>	<input type="checkbox"/>	2. Do you feel pain in your chest when you do physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	3. In the past month, have you had chest pain when you were not doing physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	4. Do you lose your balance because of dizziness or do you ever lose consciousness?
<input type="checkbox"/>	<input type="checkbox"/>	5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
<input type="checkbox"/>	<input type="checkbox"/>	7. Do you know of <u>any other reason</u> why you should not do physical activity?

If

you

answered

YES on one or more questions

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.

- You may be able to do any activity you want - as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful for you.

NO to all questions

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can :

- Start becoming much more physically active - begin slowly and build up gradually. This is the safest and easiest way to go.
- Take part in a fitness appraisal - this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively.



DELAY BECOMING MUCH MORE ACTIVE:

- If you are not feeling well because of a temporary illness such as a cold or a fever - wait until you feel better; or
- If you are or may be pregnant - talk to your doctor before you start becoming more active.

Please note: If your health changes so that you then answer "YES" to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

Informed Use of the PAR-Q: The Canadian Society for Exercise Physiology, Health Canada, and their agents assume no liability for persons who undertake physical activity, and if in doubt after completing this questionnaire, consult your doctor prior to physical activity.

Reprinted from the 1994 revised version of the Physical Activity Readiness Questionnaire (PAR-A and YOU). The PAR-Q and YOU is a copyrighted, pre-exercise screen, owned by the Canadian Society for Exercise Physiology.



PAR-Q & YOU

Physical Activity Readiness
Questionnaire - PAR-Q
(revised 1994)

We know that being physically active provides benefits for all of us. Not being physically active is recognized by the Heart and Stroke Foundation of Canada as one of the four modifiable primary risk factors for coronary heart disease (along with high blood pressure, high blood cholesterol, and smoking). People are physically active for many reasons - play, work, competition, health, creativity, enjoying the outdoors, being with friends. There are also as many ways of being active as there are reasons. What we choose to do depends on our own abilities and desires. No matter what the reason or type of activity, physical activity can improve our well-being and quality of life. Well-being can also be enhanced by integrating physical activity with enjoyable healthy eating and positive self and body image. Together, all three equal VITALITY. So take a fresh approach to living. Check out the VITALITY tips below!

Active Living:

- accumulate 30 minutes or more of moderate physical activity most days of the week
- take the stairs instead of an elevator
- get off the bus early and walk home
- join friends in a sport activity
- take the dog for a walk with the family
- follow a fitness program

Healthy Eating:

- follow Canada's Food Guide to Healthy Eating
- enjoy a variety of foods
- emphasize cereals, breads, other grain products, vegetables and fruit
- choose lower-fat dairy products, leaner meats and foods prepared with little or no fat
- achieve and maintain a healthy body weight by enjoying regular physical activity and healthy eating
- limit salt, alcohol and caffeine
- don't give up foods you enjoy - aim for moderation and variety

Positive Self and Body Image:

- accept who you are and how you look
- remember, a healthy weight range is one that is realistic for your own body make-up (body fat levels should neither be too high nor too low)
- try a new challenge
- compliment yourself
- reflect positively on your abilities
- laugh a lot

Enjoy eating well, being active and feeling good about yourself. That's Vitality.

FITNESS AND HEALTH PROFESSIONALS MAY BE INTERESTED IN THE INFORMATION BELOW.

The following companion forms are available for doctors' use by contacting the Canadian Society for Exercise Physiology (address below):

The **Physical Activity Readiness Medical Examination (PARmed-X)** - to be used by doctors with people who answer YES to one or more questions on the PAR-Q.

The **Physical Activity Readiness Medical Examination for Pregnancy (PARmed-X for PREGNANCY)** - to be used by doctors with pregnant patients who wish to become more active.

References:

Arraix, G.A., Wigle, D.T., Mao, Y. (1992). Risk Assessment of Physical Activity and Physical Fitness in the Canada Health Survey Follow-Up Study. *J. Clin. Epidemiol.* 45:4 419-428.

Mottola, M., Wolfe, L.A. (1994). Active Living and Pregnancy, In: A. Quinney, L. Gauvin, T. Wall (eds.), *Toward Active Living: Proceedings of the International Conference on Physical Activity, Fitness and Health*. Champaign, IL: Human Kinetics.

PAR-Q Validation Report, British Columbia Ministry of Health, 1978.

Thomas, S., Reading, J., Shephard, R.J. (1992). Revision of the Physical Activity Readiness Questionnaire (PAR-Q). *Can. J. Sport Sci.* 17:4 338-345.

To order multiple printed copies of the PAR-Q, please contact the Canadian Society for Exercise Physiology
1600 James Naismith Dr., Suite 311
Gloucester, Ontario CANADA K1B 5N4
Tel. (613) 748-5768 FAX: (613) 748-5763

The original PAR-Q was developed by the British Columbia Ministry of Health. It has been revised by an Expert Advisory Committee assembled by the Canadian Society for Exercise Physiology and Fitness Canada (1994).

© Canadian Society for Exercise Physiology/Société canadienne de physiologie de l'exercice
Disponible en français sous le titre «Questionnaire sur l'aptitude à l'activité physique - Q-AAP (révisé 1994)».
Supported by Health Canada/Santé Canada



Appendix 3

Canada's Physical Activity Guide to Healthy Active Living



CANADA'S

Physical Activity Guide

to Healthy Active Living

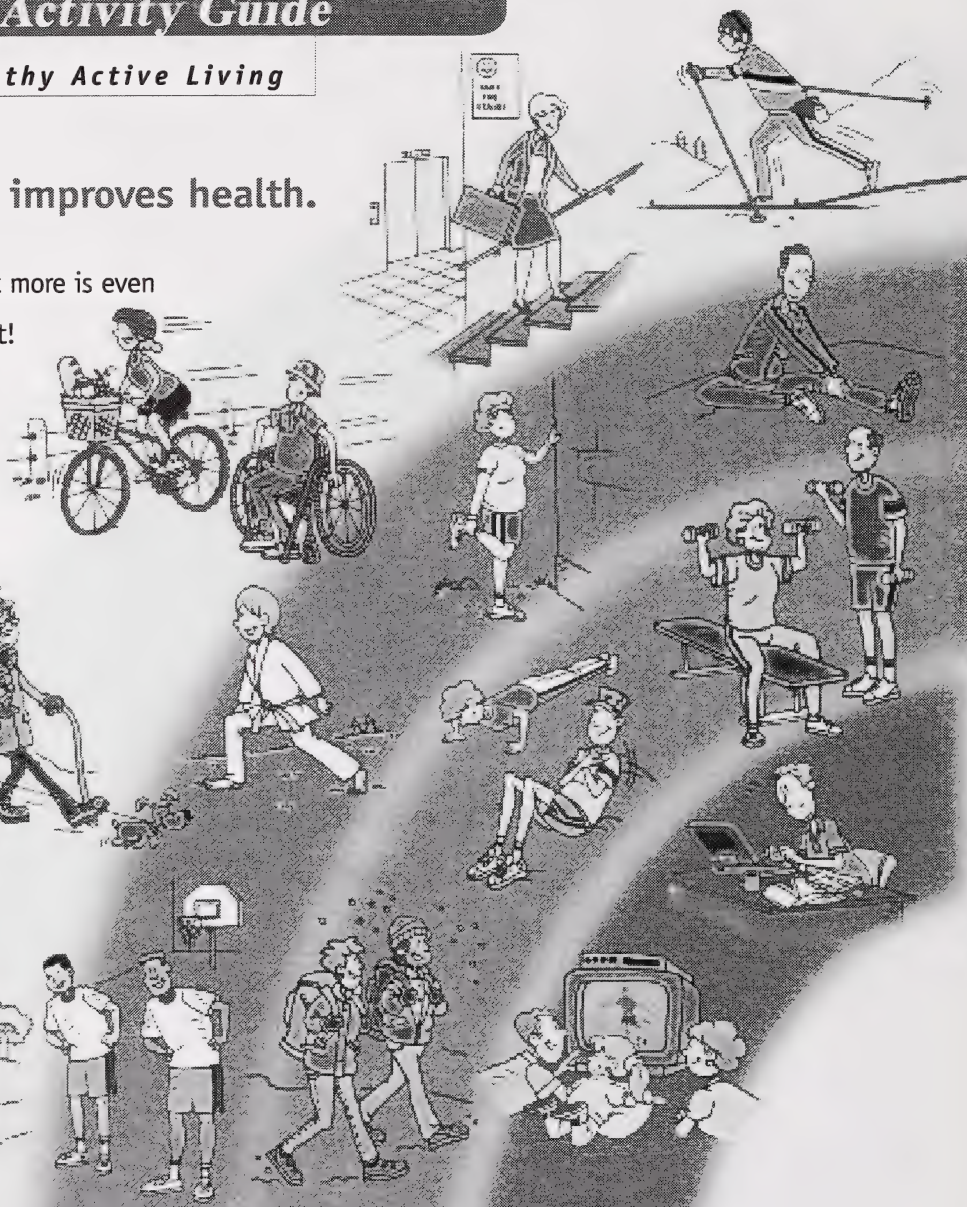
Physical activity improves health.

Every little bit counts, but more is even better – everyone can do it!

Get active your way –
build physical activity
into your daily life...

- at home
- at school
- at work
- at play
- on the way

...that's
active living!



Increase
Endurance
Activities

Increase
Flexibility
Activities

Increase
Strength
Activities

Reduce
Sitting for
long periods



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Canada



Canadian Society for
Exercise Physiology

Choose a variety of activities from these three groups:

Endurance

4-7 days a week

Continuous activities for your heart, lungs and circulatory system.

Flexibility

4-7 days a week

Gentle reaching, bending and stretching activities to keep your muscles relaxed and joints mobile.

Strength

2-4 days a week

Activities against resistance to strengthen muscles and bones and improve posture.

Starting slowly is very safe for most people. Not sure? Consult your health professional.

For a copy of the *Guide Handbook* and more information: **1-888-334-9769**, or **www.paguide.com**

Eating well is also important. Follow *Canada's Food Guide to Healthy Eating* to make wise food choices.

Get Active Your Way, Every Day – For Life!

Scientists say accumulate 60 minutes of physical activity every day to stay healthy or improve your health. As you progress to moderate activities you can cut down to 30 minutes, 4 days a week. Add-up your activities in periods of at least 10 minutes each. Start slowly... and build up.

Time needed depends on effort

Very Light Effort	Light Effort 60 minutes	Moderate Effort 30-60 minutes	Vigorous Effort 20-30 minutes	Maximum Effort
<ul style="list-style-type: none"> • Strolling • Dusting 	<ul style="list-style-type: none"> • Light walking • Volleyball • Easy gardening • Stretching 	<ul style="list-style-type: none"> • Brisk walking • Biking • Raking leaves • Swimming • Dancing • Water aerobics 	<ul style="list-style-type: none"> • Aerobics • Jogging • Hockey • Basketball • Fast swimming • Fast dancing 	<ul style="list-style-type: none"> • Sprinting • Racing

Range needed to stay healthy

You Can Do It – Getting started is easier than you think

Physical activity doesn't have to be very hard. Build physical activities into your daily routine.

- Walk whenever you can – get off the bus early, use the stairs instead of the elevator.
- Reduce inactivity for long periods, like watching TV.
- Get up from the couch and stretch and bend for a few minutes every hour.
- Play actively with your kids.
- Choose to walk, wheel or cycle for short trips.
- Start with a 10 minute walk – gradually increase the time.
- Find out about walking and cycling paths nearby and use them.
- Observe a physical activity class to see if you want to try it.
- Try one class to start – you don't have to make a long-term commitment.
- Do the activities you are doing now, more often.

Benefits of regular activity:

- better health
- improved fitness
- better posture and balance
- better self-esteem
- weight control
- stronger muscles and bones
- feeling more energetic
- relaxation and reduced stress
- continued independent living in later life

Health risks of inactivity:

- premature death
- heart disease
- obesity
- high blood pressure
- adult-onset diabetes
- osteoporosis
- stroke
- depression
- colon cancer



No changes permitted. Permission to photocopy this document in its entirety not required. Cat. No. H39-429/1998-1E ISBN 0-662-86627-7

CANADA'S
Physical Activity Guide
to Healthy Active Living

Appendix 4

Canada's Physical Activity Guide for Children

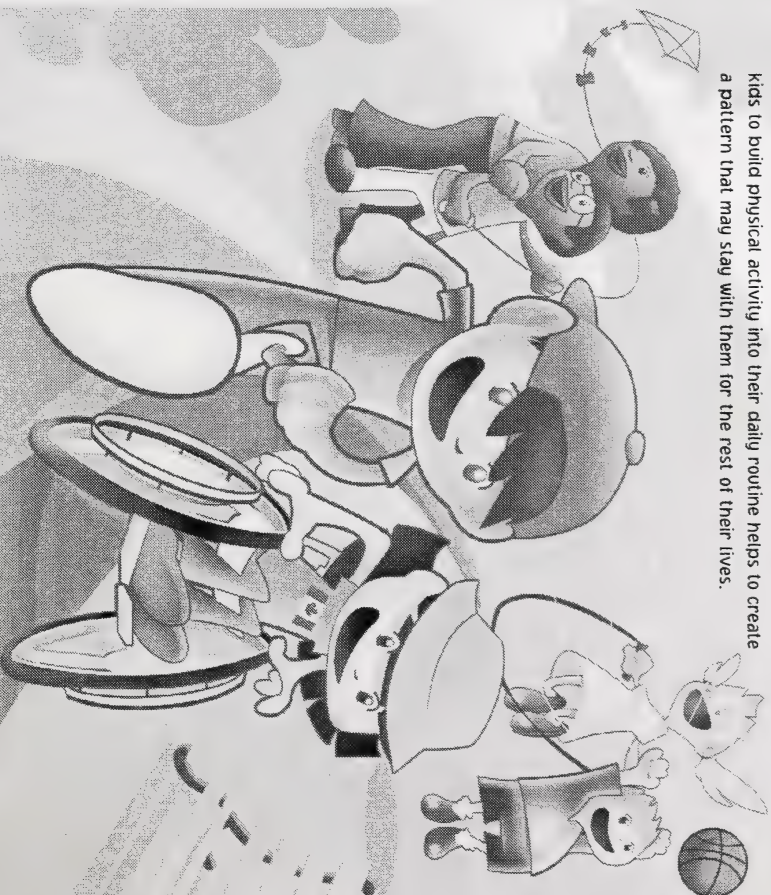


Canada's Physical Activity GUIDE FOR CHILDREN

PHYSICAL ACTIVITY IS FUN!

- At home • At school • At play • Inside or outside
- On the way to and from school • With family and friends

Making physical activity a part of the day is fun and healthy. Encouraging kids to build physical activity into their daily routine helps to create a pattern that may stay with them for the rest of their lives.



Here are some activities to try with children

- Take stairs instead of elevator
- Have a walk after supper, and move the with an adventure
- Play ball in school or soccer or go swimming
- Find a bike for school
- Have the family, snowed snow or carry groceries together
- Organize or join a neighborhood game to help stay
- Make active movies
- Dance, dance, dance
- Play sports or any kind
- Bring the pet outdoors to play
- Work with the neighbours to create a walking route
- Leave the car at home when going on short trips

Healthy activity is an activity

For more information:

Call 1 888 334-9769 or visit the web site at www.healthcanada.ca/paguide.

Please use this guide with additional support resources.

Active bodies need energy.

Follow Canada's Food Guide to Healthy Eating to make wise food choices



www.healthcanada.ca/foodguide

for parents, educators,
physicians and
community leaders

This Guide will help children:

- **INCREASE** time **CURRENTLY** spent on physical activity, starting with 30 minutes **MORE** per day
(See CHART BELOW)
- **REDUCE** “non active” time spent on TV, video, computer games and surfing the Internet, starting with 30 minutes **LESS** per day
(See CHART BELOW)

Build up physical activity throughout the day in periods of at least 5 to 10 minutes

	Daily INCREASE in moderate ^a physical activity (Minutes)	Daily INCREASE in vigorous ^{a*} physical activity (Minutes)	Total Daily INCREASE in physical activity (Minutes)	Daily DECREASE in non-active time (Minutes)
Month 1	at least 20	+ 10	= 30	30
Month 2	at least 30	+ 15	= 45	45
Month 3	at least 40	+ 20	= 60	60
Month 4	at least 50	+ 25	= 75	75
Month 5	at least 60	+ 30	= 90	90

Congratulations! Daily active time is part of a healthy lifestyle.

* Moderate physical activity examples

- biking walking
- swimming
- skating
- playing outdoors

- bike riding

- vigorous physical activity examples
 - running
 - soccer

All contribute to a healthy body

Combine 3 types of physical activity for best results:

1. **Endurance** activities that strengthen the heart and lungs such as running, jumping and swimming.
2. **Flexibility** activities that encourage children to bend, stretch and reach such as gymnastics and dancing.
3. **Strength** building activities that build strong muscles and bones such as climbing or swinging across the playground ladder.

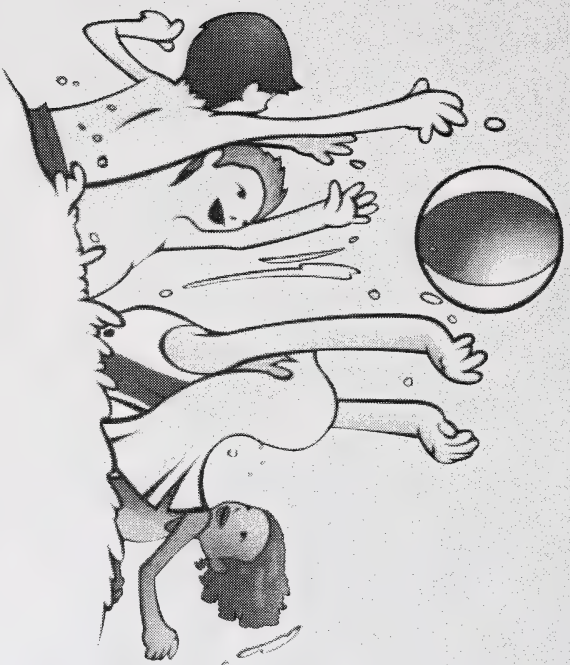
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Appendix 5

Canada's Physical Activity Guide for Youth





Active bodies need energy

Follow Canada's Food Guide to Healthy Eating to make wise food choices



Healthy activity is safe activity

Canada

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Please use this Guide with additional support resources

For more information: Call 1 888 334-9769

or visit www.healthcanada.ca/paguide

Canada's
Physical Activity Guide
to Healthy Active Living

Canada's Physical

Activity Guide

for Youth



Physical activity is Fun!

At home

At school

Inside or outside

On the way to and from school

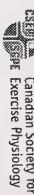
With family and friends

Adding more physical activity to your day
equals better health, strength and well-being!



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Dare to be Active!



1. Use into physical activity to:

- Start to do more
- Enjoy more physical activity
- Make a habit of it
- Build strong bones and strong muscles
- Maintain flexibility
- Promote good posture and balance
- Improve fitness
- Sleep better at night
- Feel more energetic
- Promote healthy growth and development

Let's Get Active! Canada's Guidelines for INCREASING Physical Activity in Youth

This Guide will help you:

1. **INCREASE** time CURRENTLY spent on physical activity, starting with 30 minutes **MORE** per day (See CHART BELOW)
2. **REDUCE** "non active" time spent on TV, video, computer games and surfing the internet, starting with 30 minutes **LESS** per day (See CHART BELOW)

Build up physical activity throughout the day in periods of at least 5 to 10 minutes

MONTH	Daily INCREASE in moderate activity (minutes)	Daily INCREASE in vigorous activity (minutes)	Total Daily INCREASE in physical activity (minutes)	Daily DECREASE in non-active time (minutes)
Month 1	at least 20	+	= 30	30
Month 2	at least 30	+	= 45	45
Month 3	at least 40	+	= 60	60
Month 4	at least 50	+	= 75	75
Month 5	at least 60	+	= 90	90

Congratulations!

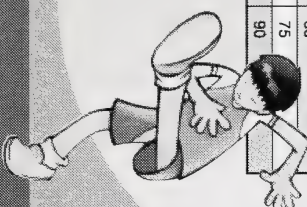
Daily active time is part of a healthy lifestyle.

Moderate physical activity examples

- Brisk walking, skating, bike riding

Vigorous physical activity examples

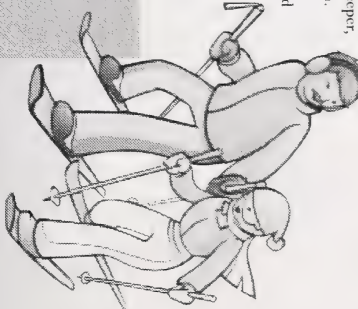
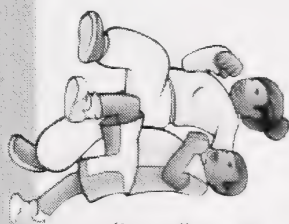
- Running, supervised weight training, basketball, soccer



Here's the

Combine three types of physical activity for best results:

1. **Endurance** activities that make you breathe deeper, your heart beat faster, and make you feel warm.
2. **Flexibility** activities like bending, stretching and reaching that keep your joints moving.
3. **Strength** activities that build your muscles and bones.

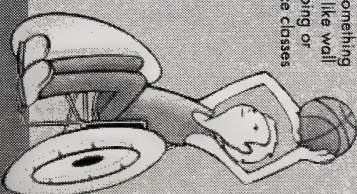


Here are some ideas to get you started:

Decide to take the first step – It's all up to you – And YOU can DO it!

- Walk more – to school, to the mall, to the park, to your friend's house
- Play sports
- Go skating, swimming, bike riding or bowling
- Rake the leaves, shovel snow or carry the groceries
- Take the dog for a walk
- Take a class like yoga, hip hop, aerobics or gymnastics
- Check out some activities at the community centre
- Try something new like wall climbing or dance classes
- Stretch your muscles every day
- Put on some music and move
- Be active with your friends
- Try something new like wall climbing or dance classes

Choose activities you like or think you might like.



Appendix 6

Canada's Physical Activity Guide for Older Adults



CANADA'S

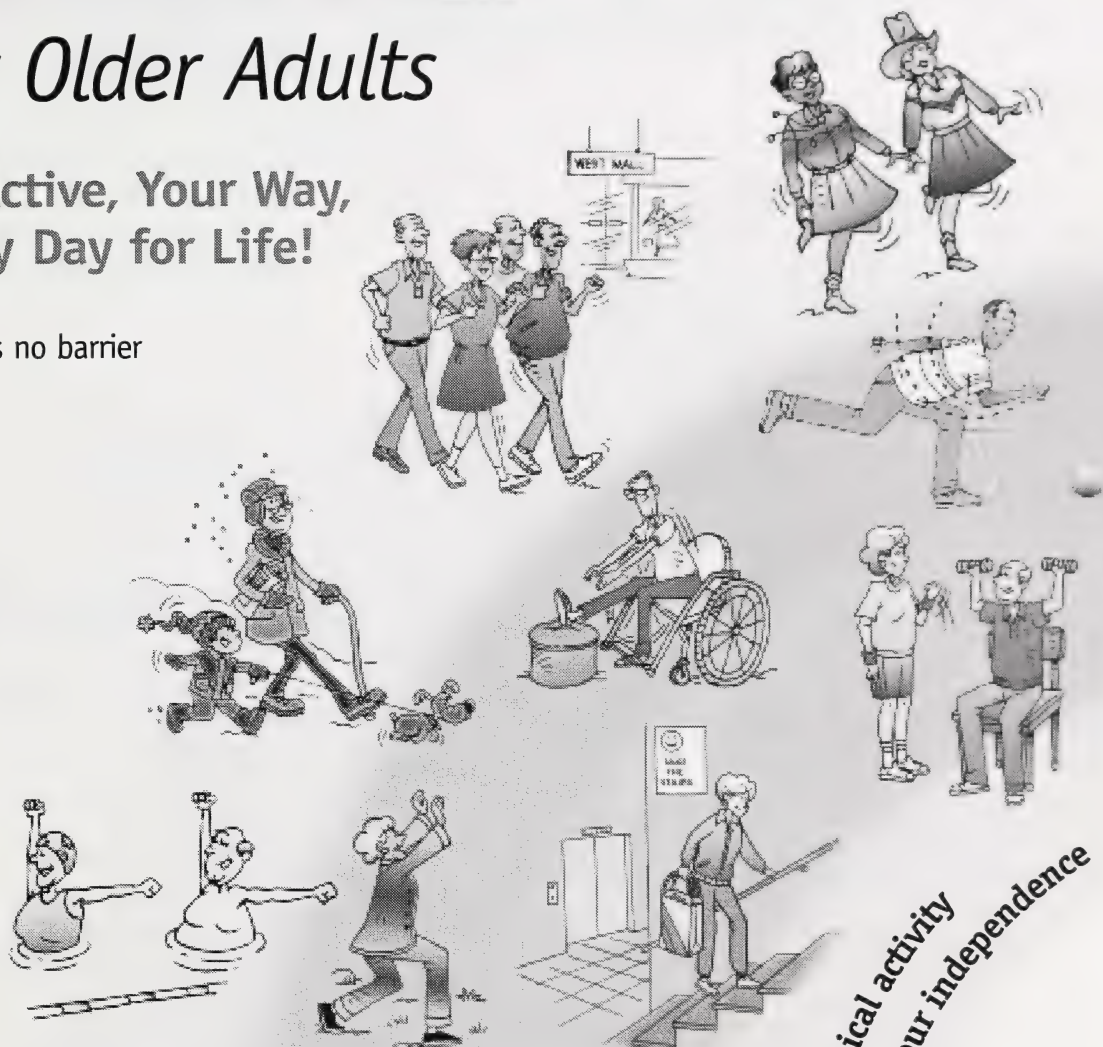
Physical Activity Guide

to Healthy Active Living

for Older Adults

**Be Active, Your Way,
Every Day for Life!**

- Age is no barrier



**Increase
Endurance
Activities**
4-7 days
a week

**Increase
Flexibility
Activities**
Daily

**Increase
Strength &
Balance
Activities**
2-4 days
a week

**Physical activity
prolongs your independence**



Health
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Santé
Canada

ALCOA
Active Living Coalition
for Older Adults



CVAA
Coalition d'une vie
active pour les aînés(es)



Canadian Society for
Exercise Physiology

Being active is very safe for most people

Start slowly and build up – listen to your body. Accumulate 30 to 60 minutes of moderate physical activity most days. Minutes count – add it up 10 minutes at a time. Not sure? Consult with a health-care professional.

Choose a variety of activities from each of these three groups:

Endurance

- Continuous activities that make you feel warm and breathe deeply
- Increase your energy
- Improve your heart, lungs, and circulatory system

Flexibility

- Gentle reaching, bending, and stretching
- Keep your muscles relaxed and joints mobile
- Move more easily and be more agile

Strength & Balance

- Lift weights, do resistance activities
- Improve balance and posture
- Keep muscles and bones strong
- Prevent bone loss

Getting started is easier than you think

- Build physical activity into your daily routine.
- Do the activities you are doing now, more often.
- Walk wherever and whenever you can.
- Start slowly with easy stretching.
- Move around frequently.
- Take the stairs instead of the elevator.
- Carry home the groceries.
- Find activities that you enjoy.
- Try out a class in your community.

For a free copy of the companion *Handbook* and more information:
1-888-334-9769, or Web site: **www.paguide.com**

Eating well is also important. Follow *Canada's Food Guide to Healthy Eating* to make wise food choices.

Benefits increase as physical activity increases

Benefits when starting out:

- Meet new people
- Feel more relaxed
- Sleep better
- Have more fun

Benefits from regular physical activity:

- Continued independent living
- Better physical and mental health
- Improved quality of life
- More energy
- Move with fewer aches and pains
- Better posture and balance
- Improved self-esteem
- Weight maintenance
- Stronger muscles and bones
- Relaxation and reduced stress

Scientists have proved that

Being active reduces the risk of:

- Heart disease
- Falls and injuries
- Obesity
- High blood pressure
- Adult-onset diabetes
- Osteoporosis
- Stroke
- Depression
- Colon cancer
- Premature death



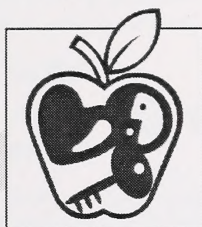
Appendix 7

K-9 Health and Life Skills Program of Studies

K-9 health and life skills program of studies



The aim of this new program is to enable students to make well-informed healthy choices and to develop behaviours that contribute to the well-being of self and others.



wellness CHOICES

Students will make responsible and informed choices to maintain health and promote safety for self and others.

- ✓ Safety and responsibility
- ✓ Personal health
- ✓ Active living
- ✓ Positive health habits
- ✓ Body image
- ✓ Substance awareness and addictions
- ✓ Nutrition
- ✓ Health literacy
- ✓ Human sexuality

life learning CHOICES

Students will use resources effectively to manage and explore life roles and career opportunities and challenges.

- ✓ Learning strategies
- ✓ Time management
- ✓ Organization
- ✓ Problem solving and decision-making
- ✓ Goal setting
- ✓ Study skills
- ✓ Life roles and career development
- ✓ Volunteerism

relationship CHOICES

Students will develop effective interpersonal skills that demonstrate responsibility, respect and caring in order to establish and maintain healthy interactions.

- ✓ Feelings
- ✓ Interactions
- ✓ Group roles and processes
- ✓ Communication
- ✓ Conflict management
- ✓ Negotiation and mediation
- ✓ Team building
- ✓ Leadership skills

Resources available to support implementation:

- Health and Life Skills, K-9 Guide to Implementation will be available for purchase at Learning Resources Centre (LRC) Web site: <<http://www.lrc.learning.gov.ab.ca>> (JUNE 2002)
- Authorized Alberta Resources List at Alberta Learning Web site: <www.learning.gov.ab.ca/k_12/curriculum/bySubject/health/>
- Assessment tools available from Alberta Assessment Consortium at <www.aac.ab.ca> in assessment tools (public domain)

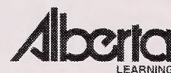


Appendix 8

K-12 Physical Education Program of Studies

K-12

physical education program of studies



In September 2000, the Physical Education Kindergarten to Grade 12 Program of Studies was approved for provincial implementation.

The aim of the Kindergarten to Grade 12 physical education program is to enable individuals to develop the knowledge, skills and attitudes necessary to lead an active, healthy lifestyle.

general outcome **A** Activity

Students will acquire skills through a variety of developmentally appropriate movement activities: dance, games, types of gymnastics, individual activities and activities in an alternative environment; e.g., aquatics and outdoor pursuits.

- ✓ Basic Skills; Locomotor; Nonlocomotor; Manipulative
- ✓ Application of Basic Skills in an Alternative Environment; i.e., Aquatics and Outdoor Pursuits, Dance, Games, Types of Gymnastics, Individual Activities

General outcomes B, C and D are interrelated and interdependent and are achieved through involvement in movement activities identified in General Outcome A.

general outcome **B** Benefits Health

Students will understand, experience and appreciate the health benefits that result from physical activity.

- ✓ Functional Fitness
- ✓ Body Image
- ✓ Well-being

general outcome **C** Cooperation

Students will interact positively with others.

- ✓ Communication
- ✓ Fair Play
- ✓ Leadership
- ✓ Teamwork

general outcome **D** Do it Daily...For Life!

Students will assume responsibility to lead an active way of life.

- ✓ Effort
- ✓ Safety
- ✓ Goal Setting/Personal Challenge
- ✓ Active Living in the Community

Resources available to support implementation:

- Alberta Learning Physical Education Online Web site: <<http://www.learning.gov.ab.ca/physicaleducationonline/>>
- Physical Education Guide to Implementation, Kindergarten to Grade 12 (LRC Product # 425597 - \$11.55 + GST) at Learning Resources Centre (LRC) Web site: <<http://www.lrc.learning.gov.ab.ca/>>
- Authorized Alberta Resources List at Alberta Learning Web site: <www.learning.gov.ab.ca/k_12/curriculum/bySubject/physed/>



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